Pasadena Citizen



La Porte Police begin program to help women defend themselves

The La Porte area remains fortunate in their maintaining a very low-level of sexual assault offenses as well as other significant acts of violence against women. Nevertheless, in a proactive effort to educate local women, and arm them with the skills to defend themselves, the La Porte Police Department will now begin providing a service known as the Rape Aggression Defense (RAD) System in late August.

The RAD System is a program of realistic, self-defense tactics and techniques. It is a comprehensive course that begins with awareness, prevention, risk reduction, and avoidance, while progressing toward the basics of actual hands-on defense training. However, it is important that residents understand that RAD is not a martial arts program. The class is taught by LPPD's four recently certified RAD Instructors. For a more immediate and thorough understanding, when the RAD course begins, students are provided with a workbook/reference manual, which outlines the entire physical defense program for both personal reference and continuous individual growth.

The concept of the RAD System of Physical Defense has recently attracted nationwide attention and is currently being taught in many agencies across the country. The growing, wide-spread acceptance of the system is primarily due to the ease, simplicity, and effectiveness of its tactics, combined with its supportive research, legal defensibility, and unique teaching methodology. Essentially, RAD is dedicated to teaching defensive concepts and techniques against various types of assault, by utilizing easy, effective, and proven self-defense/martial arts tactics. This system of realistic defense will provide women with the knowledge to make an educated decision about resistance.

RAD operates on the premise that a spontaneous violent attack will stimulate a natural desire to resist, on the part of the victim, as supported by research. Course participants are told about "The Flight or Fight Syndrome," while being shown that enhancing their option of physical defense is not only prudent, but a necessity if natural resistance is to be effective.

Safety and survival in many of our area environments requires a clear-cut course of action. The RAD system provides effective options by teaching women to take an active role in their own self-defense and psychological well-being. For more information on the RAD program, please contact the La Porte Police Department's Support Services Division at 281-842-3171.